



Welcome to the Cornerstone Wellness Nutrition Program

Provider or Wellness Coach: _____

Best way to contact me: phone: _____ email: _____

Step 1: Visit cornerstonewellnessmd.com & login with your username & password

Click on the "Login" link in the upper right corner or select "Patient Portal" under the "For Patients" menu.

username: _____ temporary password: _____

If you haven't done so yet, scroll down to the bottom of the page and sign-up for our FREE Weight Management e-newsletter and receive weekly articles, tips and information to help you succeed! Be sure to check your email and click on the link to confirm your sign-up.

Step 2: Visit and read through the Patient Overview page on the Website.

At the top of the Website, click on the the "Overview" link under the "For Patients" menu. This page provides important and useful information about the program.

Step 3: Select a method for keeping a food log

At the top of the Website, click on the the "Food Logging" link under the "For Patients" menu and then watch the Getting Started Video to learn more about the importance of keeping a food log. We provide two options that you can choose from for food logging:

MyFitnessPal.com

MyFitnessPal.com is a recommended free app that offers an excellent food log. Please note if you chose to log exercise it will give you option to eat more. We suggest you do not increase daily calorie consumption without checking with your coach. Cornerstone Wellness shakes are listed under the Search tab.

Login: _____ Password: _____

Calories set by my wellness coach: _____

IMPORTANT. The ratio of calories must be customized based on your body fat test results to ensure muscle maintenance and maximum fat loss. Once logged in, select GOALS, FOODS, MACRONUTRIENTS and reset to Carbs-35%, Protein-35% and Fat-30%.

Cornerstone Wellness Food Exchange Booklet

Calories: _____

If you find it easiest to track portion sizes based on "exchanges" (servings) rather than using a computer or mobile app, use this method to track how many servings of protein, carbohydrates and fat you consume daily. Write down everything you eat each day so your wellness coach can help you make progress